



ARE YOU SAYING OR PRAYING?

PURPOSE

To illustrate that:

1. True prayer comes from the heart
2. Prayers are less effective if they are repetitious and not sincere
3. Sincere prayer takes a little more time and effort



MATERIALS

- Letter in an envelope
- Postage stamp
- Scriptures

LESSON

1. Ask, “Are there any prayers that Heavenly Father doesn’t really listen to?”
 - a. Read Moroni 7:9. Ask, “According to this verse, why are some prayers not received by Heavenly Father?”
2. Read Matthew 6:7 and look for things Jesus encouraged us not to use in our prayers.
 - a. Ask (or explain) what ‘vain repetitions’ are (things that are repeatedly said but without being sincere).
3. Object lesson: Have a letter placed in an envelope. Have an address written on the outside, but no postage stamp on the envelope. Ask why the mail carrier won’t deliver this letter. (no stamp)
 - a. Read Alma 33:11. “Why was the prayer of Zenos heard?”
 - b. Compare the postage stamp to sincerity. Sincerity is the ‘postage’ that delivers our letter to Heavenly Father!
4. Share the following quote from President Ezra Taft Benson:
 - a. “When you pray---when you talk to your Heavenly Father---do you really talk out your problems with Him? Do you let Him know your feelings, your doubts, your insecurities, your joys, your deepest desires---or is prayer merely a habitual expression with the same words and phrases? Do you ponder what you really mean to say?” (*Ensign*, Nov. 1977, 32).
5. Explain that sincere prayers often take a little more time and effort, but are rewarded by the peace of knowing that the prayers are being heard.

- a. Challenge them never say anything in their prayers that they really don't feel. Testify that Heavenly Father really does hear the prayers that come from our hearts.

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Thanks for being honest!